



# DECEMBER 2014



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2 Support Group 10:00 a.m. Easton Memorial Hospital outside Birthing Center Karen Van Trieste 410-822-1000, ext. 5700	3	4	5	6
7	8	9	10	11	12	13
14	15	16 Support Group 10:00 a.m. Easton Memorial Hospital outside Birthing Center Karen Van Trieste 410-822-1000, ext. 5700	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31	<b>Mid-Shore Services:</b> Individual BF appointments are available on request for either prenatal education or follow-up after delivery. Peer Counselors and Lactation Consultant can be texted by clients between 8am & 10pm with breastfeeding questions. If phone goes to voice mail, please leave a message with the best time for a return call.		<b>To Contact a Breastfeeding Peer Counselor near you:</b> Katie: (410) 829-8656 {Lactation Consultant} Dana: (410) 829-8655 [Spanish] Anjolina: (410) 829-8654 <b>Mid-Shore WIC Program:</b> (410) 479-8060 or 1-866-551-2139 (Maryland toll free)



# JANUARY 2015



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>22 Mid-Shore Services:</b> Individual BF appointments are available on request for either prenatal education or follow-up after delivery. Peer Counselors and Lactation Consultant can be texted by clients between 8am & 10pm with breastfeeding questions. If phone goes to voice mail, please leave a message with the best time for a return call.		<b>To Contact a Breastfeeding Peer Counselor near you:</b> Katie: (410) 829-8656 {Lactation Consultant} Dana: (410) 829-8655 [Spanish] Anjolina: (410) 829-8654 <b>Mid-Shore WIC Program:</b> (410) 479-8060 or 1-866-551-2139 (Maryland toll free)		1	2	3
4	5	6 <b>Support Group</b> <b>10:00 a.m.</b> <b>Easton Memorial Hospital</b> <b>outside Birthing Center</b> <b>Karen Van Trieste</b> <b>410-822-1000, ext. 5700</b>	7	8	9	10
11	12	13	14	15	16	17
18	19	20 <b>Support Group</b> <b>10:00 a.m.</b> <b>Easton Memorial Hospital</b> <b>outside Birthing Center</b> <b>Karen Van Trieste</b> <b>410-822-1000, ext. 5700</b>	21	22	23	24
25	26	27	28	29	30	31



# FEBRUARY 2015



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Mid-Shore Services:</b> Individual BF appointments are available on request for either prenatal education or follow-up after delivery. Peer Counselors and Lactation Consultant can be texted by clients between 8am & 10pm with breastfeeding questions. If phone goes to voice mail, please leave a message with the best time for a return call.		<b>To Contact a Breastfeeding Peer Counselor near you:</b> Katie: (410) 829-8656 {Lactation Consultant} Dana: (410) 829-8655 [Spanish] Anjolina: (410) 829-8654 <b>Mid-Shore WIC Program:</b> (410) 479-8060 or 1-866-551-2139 (Maryland toll free)				
1	2	3  <b>Support Group</b> <b>10:00 a.m.</b> <b>Easton Memorial Hospital</b> <b>outside Birthing Center</b> <b>Karen Van Trieste</b> <b>410-822-1000, ext. 5700</b>	4	5	6	7
8	9	10	11	12	13	14
15	16	17  <b>Support Group</b> <b>10:00 a.m.</b> <b>Easton Memorial Hospital</b> <b>outside Birthing Center</b> <b>Karen Van Trieste</b> <b>410-822-1000, ext. 5700</b>	18	19	20	21
22	23	24	25	26	27	28